



16. Kirschlauf  
Kleinfahrer / 12.06.2016

Detailed evaluation

Held, Thoralf

Club: SSV Erfurt 02  
Number: 49

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:13:44

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 40 (of 158)

Rank in course/Men: 38 (of 120)

Best time in course: 49:18

Rank in category: 7(of 20)

Best time in the category: 1:05:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Kontrolle	7.50	45:26	6:03	5	4:37	35	13:36	7.50	45:26	6:03	5	4:37	35	13:36
Finish	6.50	28:18	4:21	7	3:54	47	10:50	14.00	1:13:44	5:15	7	8:31	38	24:26